

NAVAL BASE CORONADO



# SAF-T-LINES

**JANUARY 2007**

## WINTER SAFETY

### WINTER DRIVING TIPS

Winter driving on roads and highways in the snow-capped mountains of California can be a pleasant adventure or it can be frustrating, tiring and sometimes even hazardous. The following information will help make your mountain driving safe and pleasant.

**Help keep your car under control and your winter drive a pleasure by following these easy techniques.**

**Maintain Traction** – Start and stop gradually to avoid losing traction in wet or slippery conditions. Drive at steady speeds, avoiding sudden starts or stops. Accelerate slightly when approaching a hill, and then maintain steady speed going up. Gearing down ahead of downgrades can help avoid brake wear and reduce the chances of sliding.

**Skids** – Driving sensibly and steadily will avoid most skids. Anticipating turns or lane changes will help. If your vehicle begins to skid, remove your foot from the accelerator or brake and steer in the direction of the skid. When the vehicle steadies itself, turn the wheels straight and proceed.

**Braking** – Be gentle with braking pressure during slippery road conditions. Gentle pumping action on disc brakes will avoid locking the wheels and sending the vehicle into a skid or spin. Anti-lock braking systems provide this action for you. Avoid braking on curves by driving through them at a safe, steady speed. Gear down for going both uphill and downhill.

Four-wheelers can't stop better or safer on ice and snow than 2WD vehicles, even if they are locked into four wheel drive. The heavier the vehicle, the longer it takes to stop, no matter how many drive wheels. Many of the popular sport utility vehicles are heavy and require a greater stopping distance.

### **Before Heading for Snow Country:**

- Make sure your brakes, windshield wipers, defroster, heater and exhaust system are in top condition.
- Check your antifreeze and be ready for colder temperatures. You may want to add special solvent to your windshield washer reservoir to prevent icing.
- Check your tires. Make sure they are properly inflated and the tread is in good condition.
- Always carry chains. Make sure they are the proper size for your tires and are in working order. Carry a flashlight and chain repair links. Chains must be installed on the drive wheels. Make sure you know if your vehicle is front or rear wheel drive.
- Other suggested items to carry in your car are an ice scraper or commercial deicer, a broom for brushing snow off your car, a shovel to free your car if it's "snowed in," sand or burlap for traction if your wheels should become mired in snow; and an old towel to clean your hands.
- It is also a good idea to take along water, food, warm blankets and extra clothing. A lengthy delay will make you glad you have them.
- Put an extra car key in your pocket. A number of motorists have locked themselves out of their cars when putting on chains and at ski areas.
- Allow enough time. Trips to the mountains can take longer during winter than other times of year, especially if you encounter storm conditions or icy roads. Get an early start and allow plenty of time to reach your destination.
- Keep your gas tank full. It may be necessary to change routes or turn back during a bad storm or you may be caught in a traffic delay.
- Keep windshield and windows clear. You may want to stop at a safe turnout to use a snow or, ice or scraper. Use the car defroster and a clean cloth to keep the windows free of fog.
- Slow down. A highway speed of 55 miles an hour may be safe in dry weather - but an invitation for trouble on snow and ice. Snow and ice make stopping distances much longer, so keep your seat belt buckled and leave more distance between your vehicle and the vehicle ahead. Bridge decks and shady spots can be icy when other areas are not. Remember to avoid sudden stops and quick direction changes.
- Be more observant. Visibility is often limited in winter by weather conditions. Slow down and watch for other vehicles and for snow equipment. Even though snow removal vehicles have flashing lights, visibility may be so restricted during a storm that it is difficult to see the slow moving equipment.

When stalled, stay with your vehicle and try to conserve fuel while maintaining warmth. Be alert to any possible exhaust or monoxide problems.

# **SURVIVING THE COLD WEATHER**

Prolonged exposure to low temperatures, wind and/or moisture can result in cold-related injury from frostbite and hypothermia. Here are some suggestions on how to keep warm and avoid frostbite and hypothermia.

## **Dress properly**

Wear several layers of loose-fitting clothing to insulate your body by trapping warm, dry air inside. Loosely woven cotton and wool clothes best trap air and resist dampness. The head and neck lose heat faster than any other part of the body. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

## **Frostbite: What to look for**

The extent of frostbite is difficult to judge until hours after thawing. There are two classifications of frostbite:

- Superficial frostbite is characterized by white, waxy or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff and underlying tissue feels soft when depressed.
- Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be depressed. Large blisters may appear after re-warming.

## **What to do**

- Get the victim out of the cold and to a warm place immediately.
- Remove any constrictive clothing items that could impair circulation.
- If you notice signs of frostbite, seek medical attention immediately.
- Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together.
- Slightly elevate the affected part to reduce pain and swelling.
- If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (102 to 106 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Re-warming usually takes 20 to 40 minutes or until tissues soften.

## **What not to do**

- Do not use water hotter than 106 degrees Fahrenheit.
- Do not use water colder than 100 degrees Fahrenheit since it will not thaw frostbite quickly enough.

- Do not rub or massage the frostbite area.
- Do not rub with ice or snow.

## **Hypothermia**

Hypothermia occurs when the body loses more heat than it produces. Symptoms include change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may cause rigid muscles, dark and puffy skin, irregular heartbeat and respiration, and unconsciousness.

Treat hypothermia by protecting the victim from further heat loss and seeking immediate medical attention. Get the victim out of the cold. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim's head. Replace wet clothing with dry clothing. Handle the victim gently because rough handling can cause cardiac arrest. Keep the victim in a horizontal (flat) position.

Finally, the best way to avoid frostbite and hypothermia is to stay out of the cold. Read a book, clean house or watch TV. Be patient and wait out the dangerous cold weather.

**HAVE A SAFE AND FUN WINTER SEASON. JUST BY USING GOOD COMMON SENSE PRACTICES AND FOLLOWING SAFE OPERATING INSTRUCTIONS WE CAN REDUCE OUR RISKS OF INJURY AND ILLNESS WHEN DEALING WITH THE COLD WEATHER OF WINTER.**

# **HAPPY NEW YEAR**

## **NAVOSH TRAINING**

### **CPR CERTIFICATION CLASS**

**Date:** 9 JAN, 6 FEB and 6 MAR 2007  
**Where:** Bldg 678, Classroom 222  
**Time:** 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

### **RESPIRATOR TRAINING CLASS**

**Date:** 10 JAN, 7 FEB and 7 MAR 2007  
**Where:** Bldg. 678, Classroom 222  
**Time:** Respiratory Program Assistant - 0800-1200  
 Respiratory Protection Program (Users) - 1300-1430  
 Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

## **NAVOSH INSPECTION (ANNUAL) SCHEDULE**

### **COMMAND**

### **DATE**

FEDERAL FIRE	04 JAN
BEACH MASTER UNIT ONE (BMU-1)	17 JAN
PORT OPERATIONS	31 JAN
ENVIRONMENTAL	01 FEB
NBC SAFETY OFFICE	01 FEB
RECYCLING CENTER	01 FEB
MORALE WELFARE AND RECREATION (MWR)	08 FEB

**FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT  
OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227**

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